

## Positive Alternatives 2017 - 19 Quarterly Update

**Grantee (Name and city):** Women's Life Care Center, Little Canada

**Contact:** Mary Lietzke; Jacinta Lagasse

**Phone and Email:** 651-777-0350, [director@womenslifecarecenter.org](mailto:director@womenslifecarecenter.org); [jlagasse@womenslifecarecenter.org](mailto:jlagasse@womenslifecarecenter.org)

**Goal:** Empower, motivate and support pregnant women and mothers of newborns to achieve health birth outcomes, foster positive child development and move out of poverty

**For the period/quarter:** 7-1-17 to 9-30-17

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Hiring, training, volunteer coordination, staff assessment and all administrative duties.		Administrative functions continue to be maintained, fulfilled and further enhanced through the use of a secure client relationship management system and stringent protocols. The Executive Director continues to successfully coordinate staff activities and guidance towards effective maintenance of the center. Our Program Director screens applicants for financial assistance and monitors client progress in our education programs.	
<b>Outreach</b>	Activities will Include: Advertising and publicity ventures Community education and contact activities Efforts at increasing capacity		We have visited local agencies, schools and libraries and left our brochures. We are working on new marketing materials and on forming more community partnerships to benefit our clients. We have also started a parenting blog on our website to bring awareness to our programs.	
<b>Car Seat Program</b>	Enroll participants into Learn & Earn Program (clients earn credits to obtain a car seat). Provide car seat education	15	The car seat program continues to be a very important part of our Learn & Earn Program. Clients are engaged in learning about car seat safety and must demonstrate their ability to safely secure their child and install the car seat in a vehicle. We have two	34

	Provide certified car seat installation. Provide car seat if needed		certified car seat technicians on staff to allow for more clients to participate in the car seat program.	
<b>Case Management Services</b>	Participants complete follow-up visits with a Life Coach or Client Service Advocate.	25	Our Coaches and Advocates regularly follow up with clients either by phone or in person at each appointment. These follow-ups help our staff to maintain an open line of communication with program participants to ensure they are receiving necessary support and assistance.	78
<b>Crib Distribution/ Sleep Safety Education</b>	Enroll participants into the Learn & Earn Program, clients earn credits by participation in program Provide client with Pack-N-Play and Safe Sleep Education	50	The Safe Sleep classes offered at our center continue to be an asset to our clients. Program participants have been informed of importance of safe sleep and are quite receptive to the information we provide. Clients are able to demonstrate proper safe sleep environments for their babies using the pack-n-play provided by our center. With this program we have noticed that participants are coming back to ask additional questions regarding safe sleep.	65
<b>Life-Skills Education Program</b>	Enroll participants into the Well Life Program by completing Intake process. Educate participants through videos, demonstration, worksheets and group discussion regarding topics related to life skills which include budgeting, cooking, apartment searching, fitness, mental well-being, job searching and interviewing skills and relationship building.	8	The Well Life Program provides a forum for learning, discussion and personal development. At each session clients are encouraged to work on personal goals and learn about different maternal wellness and life skills topics. Guest Educators are present at some sessions to offer their specialized knowledge. Clients learn about Goal Setting, Self Care, Post Partum Depression, Healthy Relationships, Job Searching, Interviewing and Resume Building, Infant Bonding, Cooking Healthy Meals, Childhood Nutrition & Shopping Smart, Budgeting, Fitness, Going Back to School, and Independent Living. We have received positive feedback from clients about the content of the program.	17

<b>Nutrition</b>	<p>Enroll participants into the Learn and Earn Program by completing Intake process.</p> <p>Educate participants through videos, demonstration and worksheets regarding nutrition and other topics related to healthy eating for mother and child.</p> <p>Provide baby equipment, diapers and maternity clothing as needed.</p>	40	<p>The nutrition education program continues to make an impact through increasing awareness and discussions regarding baby and family health. Nutrition is the first educational topic presented to clients so they can make good choices about their nutrition to ensure a healthy pregnancy. Participants also participate in childhood nutrition sessions so they can make proper nutritional choices for their children.</p>	84
<b>Parenting Education</b>	<p>Enroll participants into the Learn and Earn Program by completing the Intake process.</p> <p>Educate participants through videos, demonstration and worksheets regarding infant care, infant safety, postpartum recovery and other related topics in order to provide a healthy mother and child.</p> <p>Provide baby equipment, diapers and maternity clothing as needed.</p>	25	<p>The parenting education is an important part of the Learn &amp; Earn Program and it continues to help participants gain an improved understanding of the care and development needs of their children from birth to the toddler stage. Follow up visits confirm that participants are better equipped for parenting roles and enjoy a more fulfilling relationship with their children.</p>	53
<b>Pregnancy Education</b>	<p>Enroll participants into the Learn and Earn Program by completing Intake process.</p> <p>Educate participants through videos, demonstrations and worksheets regarding pregnancy, postpartum recovery and other related topics in order to provide a healthy mother and child.</p> <p>Provide baby equipment, diapers and maternity clothing as needed.</p>	100	<p>The parenting and pregnancy education programs are combined in a holistic approach to help parents acquire a comprehensive view of prenatal and childhood development. This continues to be a standard and quite successful service.</p>	160

<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals.	25	Necessary services offered at the center continue to be an important asset to the community we serve. We typically draw most of our clients from other local agencies' referrals.	41
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals.	5	Being able to provide necessary services to all the clients which we serve has enhanced our programs here at the center. We are not always able to meet all of our clients' needs but being able to refer them to other resources has been a great addition.	15

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	13
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	21
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	64
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	15
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	11
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	54

**Challenges:**

**Comments:**